



MY LIFE IS A GIFT

MY LIFE IS A GIFT GIVEN TO ME AND MY WORLD.

I TAKE CARE OF THIS PRECIOUS GIFT.

I NURTURE IT.

IT GROWS AND BLOSSOMS WITH EACH ACT OF LOVE I BESTOW UPON IT.

AND THAT MAKES THE WORLD A BETTER PLACE.

I CARE FOR MY BODY

PHYSICAL ACTIVITY

EXERCISE

NUTRITION & HYDRATION

HEALTH CARE

SLEEP

I CARE FOR MY MIND

ATTITUDE OF GRATITUDE

PRODUCTIVE THINKING

SELF-AWARENESS

I CARE FOR MY SPIRIT

MINDFUL AWARENESS

CONNECTION WITH MY INNER SELF

CONNECTION WITH OTHERS

CONNECTION WITH MY WORLD

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